

5 STEPS

Here are five strategies for a more balanced lifestyle...

More Tips and Tricks:

- **Be mindful** while you're eating and when determining whether to eat. Learn the difference between hunger and boredom or worry and remember to only eat when you're hungry.
- Offset your calorie intake with exercise. **Get moving every day.** You don't have to run a marathon or climb a mountain — find fun activities for you!
- **Ration and schedule your screen time** so that you don't accidentally spend too much time sitting.
- **Make healthful drink choices!** Stick with milk, still or sparkling water, and unflavored coffee or tea for the most hydration and nutrients with the fewest empty calories.

Use a Plate!

If you don't have a portion control plate like the one featured below, simply grab a 9- or 10-inch plate for your meals, then use two lines of sauce to divide the plates evenly into four quadrants.

Don't eat your food out of the bag or box! Instead, put it on a plate so that you have a better sense of how much you're eating.



**Café 60 Dining
in Lane County**
Call for Information
www.mowlaneor.org

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

Coburg, I.O.O.F. Hall
Wed Only (541) 525-6407

Cottage Grove, Community Center
Tues., Wed., Thurs. (541) 942-9261

Creswell, Crestview Villa
Mon., Wed., Fri (541) 895-2338

Eugene, Northwest Neighbors
Monday-Friday (541) 689-8011

Florence, Florence Senior Center
Mon., Wed., Fri (541) 997-5673

Junction City, Viking Sal Sr Center
Mon., Wed., Fri (541) 998-5367

Oakridge, The Nazarene Church
Tues & Thurs (541) 782-4318

Springfield, Williamalane
Monday-Friday (541) 736-4444

Veneta, Fern Ridge Service Center
Mon., Wed., Fri (541) 935-7354